

# THE SOURCE

## NRC's 2012 Charitable Giving Campaign a Huge Success

Submitted by Hollie Frye, Compliance Specialist and NRC Spark Plug

On behalf of the NRC Spark Plugs, I would like to thank each and every one of you for your contributions to this year's Charitable Giving Campaign at NRC. Here is a breakdown of the earnings:

Activity	Amount Donated
Pledge Cards	\$3,600.00
Silent Auction	\$1482.00
Denim Week	\$195.00
State Wide Denim Day	\$95.00
Ping Pong Tournament	\$45.00
Pledge Bracelets	\$393.00
Kickball Game	\$85.00
Sand Volleyball Game	\$80.00
Softball Tournament	\$85.00
Penny Wars	\$615.77
<b>Total</b>	<b>\$6675.77</b>



What a successful year! Thanks again for everyone's participation. We look forward to planning another eventful Charitable Giving Campaign in 2013!!

(Check out the pictures on the next page of some of the more valiant NRC staffers!!)

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### Nebraska Sex Offender Treatment Program

**Mission:** Providing Sex Offender treatment to prepare for community reintegration while maintaining public safety.

**Vision:** Helping people rebuild their lives with no more victims.

# Pictures From the NRC Charitable Giving Campaign

## Softball Tournament at Hadar Park



Dr. Sturgis coming in for a home run hit — "I'm home"



Scott has to slide into home to make the score



The Champs



We all know worst is first, second is BEST!!

## Ping Pong Tournament Champ



Kristi Kortje (right) wins ping pong tournament, with Susan Johnston runner up — great job ladies!

## Pledge Bracelets Champ



Byron Myers received over 60 bracelets from co-workers, who pooled all they received individually and presented to him. Co-workers stated he volunteered to cover shifts, worked doubles and was a great person to work with and they wanted to say thank you in this way.

## Please Welcome New NRC Employees



James Horn  
Mental Health  
Security Specialist II



Tamela Praeuner  
Mental Health  
Security Specialist II



Tim Schaefer  
Mental Health  
Security Specialist II



Steven Daniels  
Mental Health  
Security Specialist II



Corey Banks  
Mental Health  
Security Specialist II



James Story  
Mental Health Security  
Specialist II — Guard

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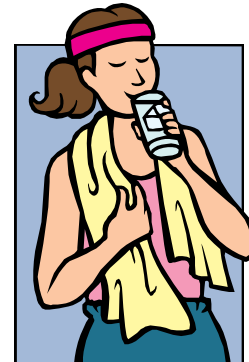
## Shorter Walks, Same Results

Submitted by Julie Beutler, Associate Director of Nursing

If an hour or even 30 minutes of exercise seems daunting, break it up. By taking 10- to 15-minute walks several times each day, you can reap many of the same health benefits as exercising in one session. According to the American Col-

lege of Sports Medicine, these shorter bouts of activity also burn calories and improve aerobic conditioning.

Source: Wellness Options  
web page, 8/30/12





## What's Cooking at NRC



### SPICY PRETZELS

- |   |                              |
|---|------------------------------|
| 1 (1-oz.) pkg. dry ranch-style dressing mix (Hidden Valley) | 1 c. canola oil              |
| 1 (15-16 oz.) pkg. mini twist pretzels                      | 1 tsp. garlic salt           |
|   | 1 tsp. ground cayenne pepper |

Place pretzels in medium baking pan (9x13 or larger). Combine all other ingredients, and coat pretzels with oil mixture. Bake at 300° for 1 hour, stirring every 10-15 minutes.

Submitted by Sheryl Hansen, and she challenges Joyce Hoferer to submit a recipe for the next issue of *The Source*.

## OT Gazebo Project Completed

Submitted by Kandi Lange, OT Supervisor

A new gazebo was recently completed in NRC's west courtyard as part of an Occupational Therapy project. Steve Lindstadt, OT Activity Assistant, deserves recognition for all the hard work and guidance he put into this project, along with the assistance of some patients, and all OT staff that worked together to make it possible.

OT also thanks NRC Leadership for their approval and funding of this project. The gazebo is now available for staff and patient use, and we hope everyone will come to enjoy it and the courtyard.




# Avatar Arena — Introducing Albert the Avatar Ant

Submitted by Julie Beutler, Associate Director of Nursing




I am **Albert the Avatar Ant** and I am here to lead us on our AVATAR journey and answer some general questions about AVATAR...so fall in line behind me and we will march down the AVATAR road together!!





 **WHAT?:** We have all heard about AVATAR and that it is a computer system that some of us use to input vital signs, and the night shift uses for order entry, but is that it? Is that all there is to AVATAR? What does AVATAR really involve?


-**AVATAR** is the computer system that the state has chosen to use as our electronic health record (EHR). EHRs are what will replace our current paper records/charts. This is a nationwide initiative that is the FUTURE of health care.

 **WHY?:** National mandates require all health care facilities to utilize computer technology. These are some of your new job requirements! How exciting!


 **WHERE?:** All departments, every unit, hospital wide! Can you feel the excitement building?!?

 **WHO?:** Who are the key players of AVATAR? ALL OF US!!!! That is the exciting part!!!! Who does it affect? All staff at NRC, everyone who makes entries into our current chart! Who do I contact with AVATAR questions/problems/issues/kudos? The Avatar Team - listed below.

 **WHEN?:** We have been using the AVATAR system for years, but we have only been using a small part of it. There is a whole great big AVATAR world out there, and over the next few weeks we will be traveling to more and different locations of the AVATAR world! Nursing already uses order entry and vitals entry. Their next endeavor will include more vitals entry information, allergies & hypersensitivities and the electronic medication administration record (eMAR). Social Work has the ability to utilize the Avatar Social Histories, and HIM is currently scanning our discharge charts. We have plans to start implementing departmental progress notes very soon, followed closely by daily documentation (our current Nurses Notes)!

 This is your official invitation on our AVATAR journey (and when I use the word 'invitation' I really mean 'official mandate by administration that is non-negotiable')!!!! So please, pack your canteen, lace up your hiking boots, grab your maps, and follow Albert as he leads us on our AVATAR journey!

No, you are all right, Albert doesn't have access to a computer, this note was sent by the AVATAR TEAM!!



Kathy Arends	TyLynne Bauer	Donna Baumann	Julie Beutler
Marilyn Blunck	Sandy Bohlken	Terri Bruegman	Dawn Collins
LeAnn Daniels	Hollie Frye	Sheryl Hansen	Becky Inness
Corrine Janovec	Ben Kohlhof	John Kroll	Steve Lindstadt
Cami Long	Barb Maas	Dianna Mastny	David Mitchell
Cheryl Nielsen	Julie Redwing	Tony Uttecht	Albert the Avatar Ant

## Employees Association and Maintenance Staff Host Lunch and Building Tours

Submitted by Cody Meyer, Facility Maintenance Supervisor

The smokestack sticking up above the trees on the north end of campus has always been a fixture of the Norfolk Regional Center campus, but so many didn't know what its purpose was. This was just one of the many questions asked during a campus-wide tour of the old Maintenance Powerhouse and Carpenter Shop that took place on September 12th. Maintenance staff spent the day answering questions and demonstrating the use of old tools and equipment to numerous staff members. The old steam-powered generator

and the coal-fired boilers were the focal points of a lot of questions. With buildings falling deeper into disrepair, it served as one of the last times staff would be allowed to enter the buildings and take some pictures and learn about the history of how the buildings on campus received their heating, water, and electricity. Staff members were then treated to a BBQ lunch at the new Powerhouse, provided by the Employees Association and cooked by the Maintenance men. Overall, it was an enjoyable and educational day for everyone.



Pile of coal remains in building



### Kudos Korner



A Big Thank You to the security guards and Cody for being outside this morning when we came in at 4:30 and 5:30 a.m. and for keeping us informed. We have some great security here. Thanks again.

Dietary

### Employees Leaving NRC

August 9, 2012

Lukas Maier, MHSS II

August 19, 2012

Sandra Spreeman, LPN



# Why is Cheerleading Missing at Work?

From Joe Tye, CEO, Values Coach, Inc.



Every weekend millions of people go to sports stadiums and cheer their heads off for people

they don't know, and might well not like if they did get to know, who are playing a game most of them will never play.

They do this because they are members of what author Kurt Vonnegut called a Granfalloon — an artificial group — like being a Hoosier or a Cheesehead.

Imagine how much more positive and productive — and fun — our workplaces would be if people would cheer for each

other with the sort of passion and energy that they reserve for perfect strangers on the weekend playing field.

Imagine how much more would get done if managers cheered for their employees with the sort of passion that they cheer for their sports team?

At Values Coach we have a ship's bell in the office. Whenever we make a sale — a large book order, a new speaking engagement, another organization signing up for the national Values Collaborative — we all gather and everyone gets to ring the bell.

Something to think about this week: How can you be a better cheerleader for the people you work with every day?

## Putting Cheer into Leading

"The job of the leader is to get a group moving, to get them to do something they are going to be happier doing, and to get them involved in the fun of doing something more worthwhile. In light of this, it is odd to find so many leaders who try to suppress their own enthusiasm in order to appear cool, unengaged, and 'above' optimism and eagerness ... Leaders can show enthusiasm in many different ways, but what is important is that it be authentic and not be hidden (and when there is no well-spring of natural enthusiasm to tap, that's probably a sign that they are doing the wrong thing)."

- James O'Toole: *Leadership A to Z*  
(from the chapter of *C for Cheerleading*)

## Little League Conference

Coach Jones called the young lad in from center field during a Little League game for a conference.

"See here, Larry," said the coach, "you know the principles of good sportsmanship that the Little League practices.

You also know we don't tolerate temper tantrums, shouting at the umpire, or abusive language. Do I make myself clear?"

"Yes, sir," replied Larry.

"Well then, Larry," sighed Coach Jones, "would you please

try to explain it to your mother?"

- Author unknown



## Summer's Winding Down ...



### SUMMER SALAD

- |                                   |                                     |
|-----------------------------------|-------------------------------------|
| 1 packet of dry Italian dressing  | 1 cucumber, diced                   |
| 16 oz. bottle of Italian dressing | 1 box of rotini pasta               |
| Onion, diced                      | 1 can black olives, drained & diced |
| Cherry tomatoes, halved           |                                     |
| 1 green pepper, diced             |                                     |

Cook pasta to al dente; drain and rinse with cool water. Add packet of dry seasoning and bottle of Italian dressing, and mix well. Then add onion, cherry tomatoes, cucumber, olives, green pepper and mix until everything is coated well. Serve cold and enjoy! (You may want an extra bottle of Italian dressing because the pasta absorbs a lot of it, especially when it sits in the refrigerator overnight.)

Adapted from cooks.com

## ... and Christmas Will Be Here Before You Know It!!

### STRAWBERRY BREAD

- |                 |                                    |
|-----------------|------------------------------------|
| 3 c. flour      | 2 10-oz. pkgs. frozen strawberries |
| 1 tsp. soda     | 1 1/4 c. salad oil                 |
| 1 tsp. cinnamon | 4 eggs, well beaten                |
| 2 c. sugar      | 1 tsp. red food coloring           |
| 1 tsp. salt     |                                    |

Sift dry ingredients together in a large bowl. Make a well in the middle. Add strawberries, juice and all\*, oil and eggs. Mix well by hand. Stir in food coloring. Spoon into two greased and floured\*\* loaf pans. Bake at 350° for 1 hour. Cool on racks before removing from pans. This bread freezes well. Makes 2 loaves.

\*If desired, take out 1/2 cup strawberry juice and combine with 1 8-oz. pkg. cream cheese to make a delicious spread. Slice bread and make into finger sandwiches with this filling.

\*\* Instead of flour, I grease the pans with Pam and sprinkle sugar to coat.



Submitted by Becky Inness, Medical Staff Assistant



## “Triplets” Puzzle

Submitted by Susie Kohlhof, Human Services Treatment Specialist

Test your recall with these commonly used “triplets.” The first one is done for you.

When complete, print this page, sign and date, and send it to Susie. The winner will receive a prize.

1. SUN	<u>MOON</u>	<u>STARS</u>
2. READY		
3. KNIFE		
4. HOOK		
5. LOCK		
6. FAITH		
7. STOP		
8. MAN		
9. MORNING		
10. TOM		
11. HEALTHY		
12. HOP		
13. READING		
14. PAST		
15. HERE		
16. EAR		
17. YESTERDAY		
18. ME		
19. GOING		
20. THIS		
21. PETER		
22. PATTY		
23. RED		
24. KENTUCKY DERBY		
25. TRAINS		
26. SHADRACH		
27. LARRY		
28. HEWEY		
29. BLONDES		
30. SNAP		
31. BEG		
32. KUKLA		
33. WYNKEN		
34. NINA		
35. LIONS		<u>(OH, MY!)</u>

## DHHS - NORFOLK REGIONAL CENTER

DHHS—STATE OF  
NEBRASKA

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*The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.*

*It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!*

### *NRC Editorial Board*

*Marg Hipp - Editor - 370.3315*

*TyLynne Bauer - 370.3328*

*Susie Kohlhof - 370.4313*

*Marilyn Stromberg - 370.3142*

## You Know You're From Nebraska When ...

1. Your idea of a traffic jam is ten cars waiting to pass a tractor on the highway.
2. "Vacation" means going to Omaha for the weekend.
3. You measure distance in hours.
4. You know several people who have hit a deer more than once.
5. You often switch from "heat" to "A/C" in the same day.
6. You use a down comforter
7. Your grandparents drive at 65 mph through 2 feet of snow during a raging blizzard, without flinching.
8. You see people wearing hunting clothes at social events.
9. You install security lights on your house and garage and leave both unlocked.
10. You think of the major food groups as beer, beef, and beans.

- Author unknown

